

# *Understanding the Psalms*

A seven week workshop designed to:

- ✦ Explore the meaning and types of psalms – particularly the psalms of lament
- ✦ Discover how the psalms speak to our needs and reveal patterns of our own spiritual journey

Time will be given to...

- ✦ Input and sharing
- ✦ Guided meditation
- ✦ Creative expression

*Mondays 12 noon to 1:00 pm*

*Beginning January 26, 2004*

*Annex Z (2090 Mackay) Room 05*

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